



YOGALOGY

**THE INDIAN SCHOOL OF BREATHING
KILPAUK, CHENNAI**



THE INDIAN SCHOOL OF BREATHING

WHAT IS YOGALOGY?

It is the union of the art and science in Yoga. A Yoga Vedanta Masters' Course facilitated by the (much experienced) Master, Inya.

A yoga program which brings the experience of the union of BODY MIND BREATH and SPIRIT.

A powerful transition from knowledge to wisdom is experienced through Asanas, Pranayama, Meditations, Kriyas, Mudras, Bandhas... and so on. The teaching unSystem, blend of modern and classical.

"An ounce of practice is worth tons of theory." ,Sw. Sivananda.

Like the Master says, Practice is important.
Yogalogy TTC programme is an experiential course.



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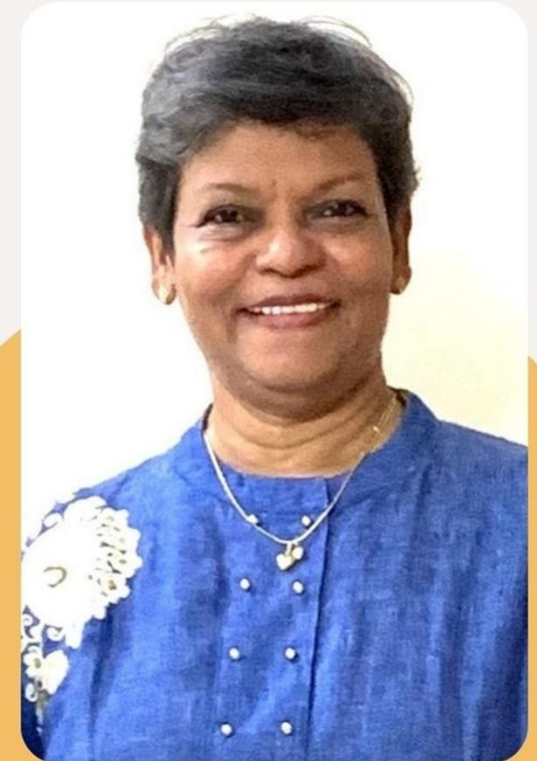
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BE A MASTER

Walk towards Mastering yourself through the life changing, yet simple concept of Yoga...

The course gives a travel back to your blissful moments of been the yogi (a meditator) in the Mother's Womb.

It is a certificate course which fills you beyond the papers. In short, it aids to develop an intimacy with yourself.



INYA
YOGA AACHARYA



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Who should do?

Do this course if you....

01 If you want to experience a transformation/to be transformed.

02 If you have an inner call for Yoga.

03 If you want to be an extraordinary Human Being.

04 If you want to be a certified Yogalogy Novel Teacher.





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SYLLABUS

01 INTRODUCTION TO YOGA

02 PATANJALI CONCEPTS

03 YOGA TECHNIQUES & PRACTICE

04 YOGA TEXTS & VEDANTA

05 ANATOMY AND PHYSIOLOGY

05 BECOMING A TEACHER –
Learning how to give a class

01

Teaching methodology will be Online and offline.



This course is a combination of HATHA YOGA, ASTANGA YOGA and VINYASA.

03

Group practical classes – to observe and to practice along with fellow students



Daily and Weekly Assignments during the course

03

Certificate with title - YOGA ADHYAPAK/ADHYAPIKA, Completion of Yogalogy will be awarded from The Indian School of Breathing



Course duration: 4 months (online and offline)

ISB's Uniqueness is
*Individual Yoga Manual with outdoor Photo shoot *



THE INDIAN SCHOOL OF BREATHING

Our Team







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Thank you



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98410 06314 / 98417 81471



admin@indianschoolofbreathing.org



www.indianschoolofbreathing.org



#89, Ormes Road, Kilpauk, Chennai - 600 010